

# MEMBER *Focus* JULY 2011

A newsletter published monthly by  
the Town of Warrenton Parks & Recreation Department  
and the Warrenton Aquatic and Recreation Facility

## Are You Looking for a Fun Activity for Your Kids This Summer?



The Junior Lifeguard class at the WARF is perfect for those age 10-15 who are interested in learning the ins and outs of what it takes to be a Lifeguard including: water safety, hazards in aquatic environments and basic water rescue and first aid skills. Participants will take part in skills classes and drills, work alongside the WARF Lifeguard Staff, gain valuable future job skills and have lots of fun! No prior experience or skills needed. Register now for the July class to reserve your spot!

**July Session:** July 18 – July 22, 9:00 am – 4:00 pm

## Thank You Home Depot Foundation!



The WARF would like to thank the Home Depot Foundation for their generous donation of supplies to build a dozen new picnic tables for the Parks & Rec Department. The picnic tables have been placed outside the WARF so families can have lunch or relax while playing at the Claude Moore Fun For All Playground.



The WARF will be closed on Monday, July 4th in observance of Independence Day.

### WARF Begins Successful Swim Lesson Program for Children with Disabilities

Started in March 2011, Swim Lessons for Children with Disabilities is a program partially supported by a grant from the Meade Palmer Fund at the Northern Piedmont Community Foundation. This program provides swim lessons, free of charge, to children who have been identified as having disabilities. These



children are those who might not normally be able to participate in group lessons. The program provides valuable water safety and swimming skills. Lessons are taught by Red Cross certified Water Safety Instructors and the groups consist of two students per swim lesson. Students are evaluated at the beginning of each session to ensure placement in an appropriate group for their skills and ability. The program is evaluated at the end of the session in order to provide the best service possible.

# Summer 2011 Reminders...

## Adult Only Water Walking Hour

Back by popular demand, the WARF is hosting Adult Only Water Walking Hour in the Lazy River this summer, weekdays 8:00 am - 9:00 am. Come start your day with a quiet, relaxing walk in the Lazy River!

## Lazy River Closures

Please be aware that the Lazy River does close occasionally throughout the week for Water Walking and Aqua Zumba® classes. The Lazy River closes Tuesdays and Thursdays from 10:15 am - 11:05 am and Mondays and Wednesdays from 6:30 pm - 7:20 pm.

## Groups This Summer

The WARF is hosting a variety of day care, church and youth groups this summer. Group traffic is highest on weekdays from 11:00 am to 3:00 pm. Please expect the Leisure Pool to be busy during these times. To prevent overcrowding and to ensure safety for all patrons, a wristband policy will be enforced in the Leisure Pool during these times, see below.

## Summer Wristband Policy

To ensure safety for all of our patrons, we will be enforcing bather loads in the Leisure Pool. As a result, we will require that all swimmers wear a wristband in the Leisure Pool weekdays from 11:00 am - 3:00 pm. If you plan to spend any time in the Leisure Pool during these times, please ask the Front Desk staff for a wristband when you check in. Each swimmer in your group must have a wristband. Monitoring the number of wristbands distributed during these times will help us keep bather loads under the maximum capacity limit. This policy will be in effect for the duration of the summer (June 13 - August 19, 2011).

## Annual Maintenance Shutdown

**THE LEISURE POOL, COMPETITION POOL, WATER SLIDE and SPA AT THE WARF WILL BE SHUT DOWN MONDAY, AUGUST 22 THROUGH SUNDAY, AUGUST 28.**

The remaining areas of the facility (Fitness Room and Land Fitness Classes) will be operating on a normal schedule. This closure is necessary due to required maintenance. We apologize for any inconvenience. WARF members may use the pools at the Freedom Center or the Chinn Center during shutdown week by displaying their WARF membership card at the Front Desk of those facilities. The WARF will reopen with normal hours on Monday, August 29. At that point, the WARF will revert back to Fall/Winter/Spring Hours of Operation.

## New Workshop from Nazli Weiss

Nazli Weiss, instructor of Yoga in the Iyengar Style, will be featuring a new "Balancing the Chakras" workshop at the WARF. In this condensed two part workshop you will be doing two special sequences that balance the six chakras. A chakra is believed to be a center of activity that receives, assimilates, and expresses life force energy. Sequences for balancing the chakras are known to have a beneficial effect on the endocrine and immune systems. They help in stress reduction, engender mental calmness and improve digestion and circulation.

Saturday, July 30, 2011 (Part I) and

Saturday, August 6, 2011 (Part II)

Time: 10:30am - 12:30pm

Registration Deadline: July 18

Pre-requisite: At least two full sessions of yoga instruction with Nazli. Register now at the Front Desk at the WARF.

**For More Information,  
Pick up a Flyer  
at the Front  
Desk**

## Vote NOW for the WARF!

The Warrenton Lifestyle Magazine is sponsoring the 2011 Best of Warrenton contest. Vote for the WARF for "Health Club." Ballots appeared in the June Lifestyle Magazine or you can vote at [www.warrentonlifestyle.com](http://www.warrentonlifestyle.com). Voting ends July 10!!

## Summer 2011 Aquatics

It's not too late to register for 2011 Learn to Swim classes at the WARF. Registration is still open for Blocks 3, 4 and 5. Classes are available for all ages and ability levels!

## July and August Skateboard Camps!

Whether you have never been on a skateboard and want to learn or you are an experienced skate board rider who wants to improve your skills, this camp is for you. Learn to ride, tack turn, olly, kick flip, grind, stall, drop in and get air at this camp for beginner to intermediate skateboarders. Have fun, be safe and learn fast under the guidance of an American Inline certified skate board instructor. Participants receive official camp t-shirt and sticker.

**July 18-22, 9 am to 12:30 pm  
(minimum 8, maximum 25) --- \$175**

**August 8-12, 9 am to 12:30 pm  
(minimum 8, maximum 25) --- \$175**

**Register through American Inline  
Skating at [www.americaninline.com](http://www.americaninline.com)  
For general questions Email:  
[info@americaninline.com](mailto:info@americaninline.com)  
or call 703-994-7617.**